

CHILDRENS
LESSON
GUIDES

ELIJAH WANTS TO DIE 1 KINGS 19

God's Power Comforts Us

Bible Background

- Read: 1 Kings 19
- In This Passage: Despite having a huge victory, Elijah is depressed. The queen wants to kill him, he feels alone, and he's tired. He asks God to take his life. Instead, God comforts Elijah with food, rest, and a gentle whisper that overcomes Elijah's concerns.
- Bible Point: God's power comforts us.
- Theme Verse: "A final word: Be strong in the Lord and in his mighty power." Ephesians 6:10

Prepare Your Heart

- You'll Be Discussing: **God's power comforts us.** Depression like Elijah's is serious and often requires the help of a mental health professional. There may also be kids in your group who aren't depressed, but can identify with the general feeling of sadness Elijah displayed. Like Elijah, they may feel like they've had enough. They want life to be normal again. Help them find comfort from God's power.
- Think About: What has made you sad in the last few months? What has brought you comfort?
- Pray: for your kids if they are facing sadness or even true depression.

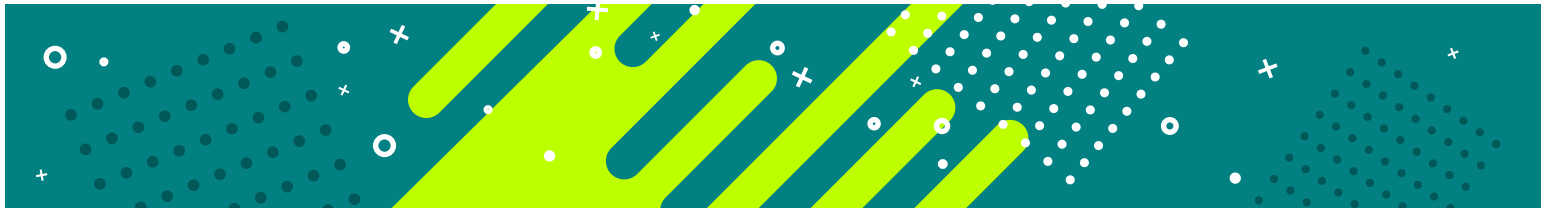
1. Watch the ECBC KidsChurch Video -- eastcooperbaptist.com/children

2. Family Discussion Time

Say: We've learned that God's power comforts us.

Ask:

- Tell about a time you felt really discouraged. Share your own story first.
- What did other people do to comfort you?
- What did you notice about the way Buzzly comforted Flowery?



Say: When Flowery needed comforting, Buzzy tried kind words, then thought of a way to help Flowery solve his problem. That's kind of like what God did for Elijah! When we're sad, we can see how God's power comforts us.

3. Family Game

Uncomfortable

Supplies:

- Upbeat music (optional)

Pose Uncomfortably

Say: Today we're exploring how God's power comforts us. So let's play a game where you're going to be uncomfortable.

- Strike an uncomfortable pose, such as a squat or standing on one leg.
- Challenge kids to imitate your pose and see who can hold it the longest.
- When most kids have given up on the pose, start a new round. This time, let a kid in your group determine what pose to challenge others with.
- Play several rounds, letting different kids choose the pose each time.

Talk About It

Ask:

- Which pose in this game was the most uncomfortable to hold?
- What made you decide to give up each round?
- What's uncomfortable about staying in a difficult situation that makes you feel sad?

Say: Elijah felt sad... and he told God he'd had enough. In our game, there was a point where you had enough. You just couldn't stay in that uncomfortable pose any longer! That's how Elijah felt about his emotions. But God's power comforts us, and God gave Elijah strength and comfort through a meal, a rest, and a gentle whisper.

4. Family Prayer

Bible Verse Blessings

Supplies:

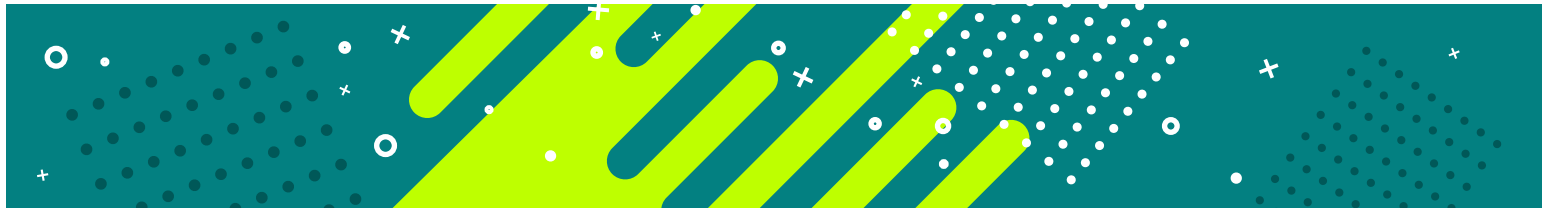
- Bible

Take Prayer Requests

Say: Since God's power brings us comfort, let's find comfort from the Bible! I'll read these verses for you as a prayer.

- Read aloud Jeremiah 29:11.
- Read aloud Romans 8:28.
- Read aloud 2 Corinthians 1:3-4.





5. Family Devo for the Week (Use this easy follow-up devotional anytime this week to reinforce the lesson.)

Is It Okay to Feel Sad Sometimes?

Supplies:

- Bible
- Spray bottle of water (for parent use only)
- Paper towels (1 per child)
- Disposable plates (1 per child)
- Permanent markers (1 per child)
- Washable markers (1 per child)

Easy Prep:

- If you are uncomfortable giving kids permanent markers, or if you have kids who can't write, prepare the paper towels by writing "God is powerful" on each one with a permanent marker.

Decorate a Paper Towel

Have kids get out their paper towels and markers.

Say: We've been learning that God's power comforts us. But is it okay to feel sad sometimes? Let's explore that.

Have kids use permanent marker to write "God is powerful" on their paper towel. Then have kids use washable marker to draw smiley faces all around the words.

Say: Right now, your paper towel is full of happiness! But what happens when we get sad and cry?

Read Matthew 5:4.

Ask:

- What do you think—does this verse say it's okay to be sad, or not? Explain.

Say: One blessing we can get is that God's power comforts us. And that's a blessing we only get when we need comfort, because we're sad! Plus, the Bible says we can be sad with other people.

Read Romans 12:15.

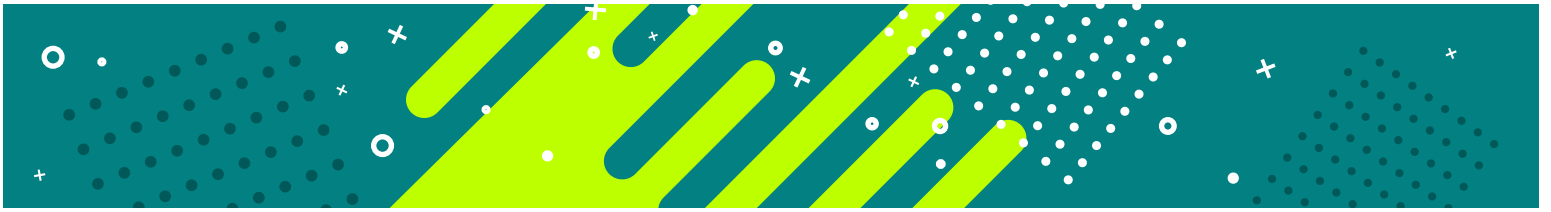
Ask:

- Has someone ever been sad with you? How did that help you?

Say: Sometimes when we're sad, it's just nice to know we're not alone. That's why this verse says to weep, or cry, with people who are crying. So, not only is it okay to be sad sometimes . . . it's okay to be sad for other people, too. In fact, even Jesus did that! His friends were sad, and here's what Jesus did.

Read John 11:35.





Spray the Paper Towel

Say: Let's try something new. Hold the top of your paper towels so they are hanging down over your plate.

Walk around and spray each paper towel with 10-20 quick sprays. (The permanent marker words will stay while the happy faces wash away.)

Ask:

- What happened to your paper towel?

Say: Being sad makes our smiles go away, but it can't change God's power. That's why God's power comforts us. Because it can remind us there's comfort even in sad times. And God cares that we're sad.

Read Psalm 56:8.

Ask:

- How do you feel knowing God keeps track of when you feel sad?

Say: God's power comforts us. That means God sees when we're sad, and it's okay to cry or feel sad. But we can also wait and hope for when God brings us joy again. Here's what a guy named David said about that in the Bible.

Read Psalm 40:1-3.

Ask:

- Tell about something you were sad about before that you're not sad about anymore. Share your own example first.

Say: When David was sad, he waited for God to help him. And God gave him a new, happy song to sing! It's okay to feel sad. But we can trust that God's power comforts us, so we don't have to be sad forever.